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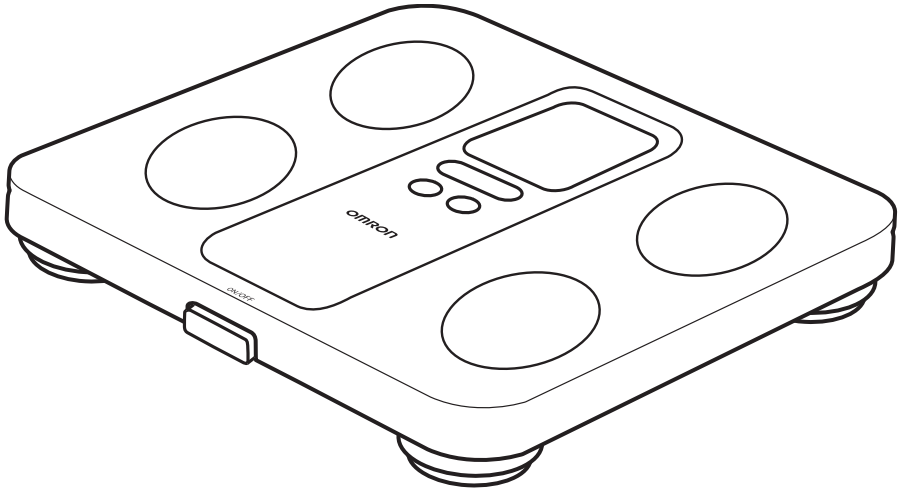
OMRON

Instruction Manual

Body Composition Scale

Model **HBF-202**



Thank you for purchasing the OMRON Body Composition Scale.

Before using this unit for the first time, please be sure to read this Instruction Manual carefully and use the unit safely and properly.

Please keep this Instruction Manual at hand all the time for future reference.

A Good Sense of Health

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NOTES ON SAFETY

Please read this instruction manual carefully before use and for further information on the individual functions.

⚠Danger:

Never use this unit in combination with the following medical electronic devices.
(1) Medical electronic implants such as pacemakers.
(2) Electronic life support systems such as an artificial heart/lung.
(3) Portable electronic medical devices such as electrocardiograph.

- This unit may cause the above-mentioned medical electronic devices to malfunction.

⚠Warning:

- Never start weight reduction or exercise therapy solely based on your own judgement. Be sure to follow the instructions of a doctor or specialist.
- Do not use the unit on tiles or other surfaces that may be slippery, such as a wet floor.
- Do not jump or bounce on the unit.
- Do not use this unit after taking a bath, or when your body or hands are wet.
- Do not step on the edge or display area of the unit.
- Do not let a physically handicapped person use this unit without any accompanied assistance. Use a handrail or so when stepping on the unit.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.

⚠Caution:

- This unit is intended for home use only. It is not intended for professional use in hospitals or other medical facilities. This unit does not support the standards required for professional use.
- Stand on the unit bare-footed.
- Do not use a cellular phone near the unit.
- Do not disassemble, repair, or remodel the unit.
- Do not use batteries not specified for this unit. Do not insert the batteries with the polarities in the wrong direction.
- Replace worn batteries with new ones immediately.
- Do not dispose of batteries in fire.
- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- Remove the batteries from this unit when you are not going to use it for a long period of time (approximately three months or more).
- Do not use batteries of a different kind together.
- Do not use new and worn batteries together.
- Keep this unit out of the reach of young children.
- Please store the unit on ground level.

General Advice:

- Do not place this unit on cushioned floor surface such as on a carpet or a mat. Correct measurement may not be possible.
- Do not place this unit in highly humid environment, where water may splash, under direct sunshine, in a place where the air conditioner blows directly, or near fire.
- Do not use this unit for purposes other than measuring body weight, body fat percentage, and/or visceral fat level.
- As this unit is a precision instrument, do not drop, vibrate, or apply strong shock.
- Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.
- Always keep the unit clean before use.
- Do not wash the unit with water.
- Do not wipe the unit with benzine, paint thinner, alcohol, or other volatile solvents.
- Do not store the unit where it will be exposed to:
  - extreme temperatures, humidity, dust, moisture or direct sunlight.
  - strong shocks, vibrations (for example, dropping the unit on the floor), or uneven surfaces.
  - chemicals or corrosive vapours.

INFORMATION ON BODY COMPOSITION

PRINCIPLES OF BODY COMPOSITION SCALE MEASUREMENT

When taking a measurement, your Body Composition Scale unit passes an extremely weak electrical current through your body (via the feet electrodes) to measure the electrical resistance of body tissue using the Bioelectrical Impedance (BI) method.
Muscles, blood vessels and bones are body tissues having a high water content that conducts electricity easily. Body fat, on the other hand, is tissue that has little electrical conductivity. Using these principles, the unit calculates the ratio of body tissue that is not fat.
The unit sends an extremely weak electrical current of 50 kHz and less than 500 μA through your body to determine the amount of fat tissue. This very weak electrical current is safe and is not felt while using the unit.
To calculate your body composition from the electrical impedance obtained from the feet electrodes, the unit uses the following components in its calculation;
(1) the electrical resistance, (2) your height, (3) your weight, (4) your age, and (5) your gender.

FEATURES OF THE BODY COMPOSITION SCALE

Body composition analysis data is calculated by the best measurement method for each type of component.

Body Fat Percentage:	This is based on the UWW (Under Water Weighing) method, which uses Archimedes' principle and is the established method for accurate evaluation of body composition.
Resting Metabolism:	This is based on exhalation analysis, where the composition of exhaled air is analyzed. This makes it possible to calculate the resting metabolism by measuring the consumption of oxygen in exhaled air.
Visceral Fat Level:	This is based on X-ray CT (Computed Tomography) analysis, which uses x-rays that take non-intrusive images of the body. This makes it possible to calculate the area of visceral fat in the body.
Skeletal Muscle Percentage:	This is based on MRI (Magnetic Resonance Imaging) analysis, which uses nuclear magnetic resonance that take non-intrusive images of the body. This makes it possible to calculate the amount of skeletal muscle in the body.

INFORMATION ON BODY COMPOSITION

BMI & IDEAL WEIGHT

Everybody is concerned about their weight. But what is the basis for determining your ideal weight? The key is BMI.

BMI is short for Body Mass Index. This index uses the following simple formula to indicate the ratio between weight and height of a person.

BMI = weight (kg) / height (m) / height (m)

The OMRON Body Composition Scale uses the Height information stored in your Personal Profile Number to calculate your BMI.

The Ideal BMI is 22

Maintaining an ideal weight can help prevent obesity or weight loss and other diseases, and lead a longer life. The ideal weight for a BMI of 22 is calculated as follows.

Ideal Weight (kg) = 22 × height (m) × height (m)

Example: For a person 1.55 m tall...

22 × 1.55 × 1.55 = 52.855 -> Approx 52.9 kg

However, this method of ideal weight calculation may not be applicable for professional athletes and body builders, who have higher muscles ratio in their bodies.

Interpreting the BMI Result

BMI	Classifications (by the WHO)
Less than 18.5	Underweight
18.5 or more and less than 25	Normal
25 or more and less than 30	Overweight
30 or more	Obese

The above-mentioned indices refer to the values for obesity judgment proposed by the WHO, the World Health Organization.

BODY FAT

Body fat serves a vital role in storing energy and protecting internal organs. We carry two types of fat in our bodies: 1) essential fat which is stored in small amounts to protect the body and 2) stored fat which is stocked for energy during physical activity. While too much body fat may be unhealthy, having too little fat can be just as unhealthy. Also, the distribution of body fat in men and women is different, so the basis for classifying the body fat percentage is different between the genders.

Interpreting the Body Fat Percentage Result

The table below is based on research by Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000, and classified into four levels by Omron Healthcare.

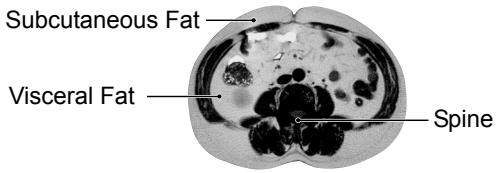
Gender	Age	– (Low)	0 (Normal)	+ (High)	++ (Very High)
Female	20-39	< 21.0%	21.0 - 32.9%	33.0 - 38.9%	≧ 39.0%
	40-59	< 23.0%	23.0 - 33.9%	34.0 - 39.9%	≧ 40.0%
	60-80	< 24.0%	24.0 - 35.9%	36.0 - 41.9%	≧ 42.0%
Male	20-39	< 8.0%	8.0 - 19.9%	20.0 - 24.9%	≧ 25.0%
	40-59	< 11.0%	11.0 - 21.9%	22.0 - 27.9%	≧ 28.0%
	60-80	< 13.0%	13.0 - 24.9%	25.0 - 29.9%	≧ 30.0%

INFORMATION ON BODY COMPOSITION

VISCERAL FAT

Visceral fat is found in the abdomen and surrounding vital organs. It is different from fat found directly underneath the skin, which is referred to as subcutaneous fat. Visceral fat can go largely unnoticed because it's not visible to the naked eye. One way visceral fat can be seen is through Magnetic Resonance Imaging (MRI).

MRI Cross Section at the Navel Level



Too much visceral fat is thought to be closely linked to increased levels of fat in the bloodstream, which may lead to conditions such as high cholesterol, heart disease and type 2 diabetes. In order to prevent or improve these conditions, it is important to try to reduce the amount of visceral fat levels to an acceptable level.

Interpreting the Visceral Fat Level Result

Visceral Fat Level	Level Classification
1 - 9	0 (Normal)
10 - 14	+ (High)
15 - 30	++ (Very High)

* The data referenced by Omron Healthcare.

NOTE: Visceral fat levels are relative and not absolute values.

RESTING METABOLISM

Regardless of your activity level, a minimum level of energy is required to sustain the body's everyday functions. Resting metabolism, the amount of calories needed to supply the body with the minimum level of energy, differs between individuals depending on variables such as age, weight, body composition, and energy expenditure.

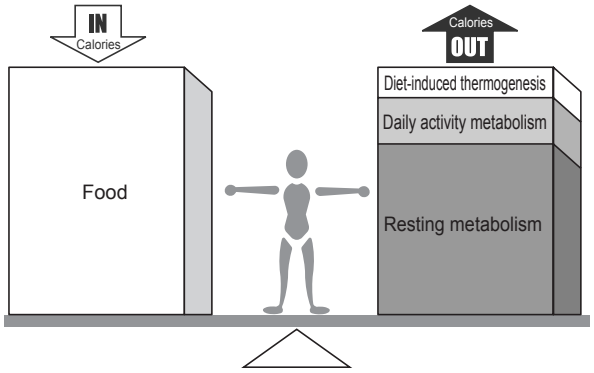
60-70% of daily energy use is for resting metabolism

The total amount of energy used by the body in a typical day is as follows:

Resting metabolism	Energy required to maintain vital functions.
Daily activity metabolism	Energy used for daily activities such as commuting to work, household chores, hobbies etc.
Diet-induced thermogenesis	Energy emitted after eating a meal.

INFORMATION ON BODY COMPOSITION

The ratio of these is 60%-70% for resting metabolism, 20%-30% for daily activity, and 10% for diet induced thermogenesis. This means that resting metabolism accounts for most of our daily energy consumption.
If our daily caloric intake exceeds the amount of energy required for these activities, the additional calories can be stored as fat.



SKELETAL MUSCLE

Skeletal muscle is the type of muscle that we can see and feel. When you work out to increase muscle mass, skeletal muscle is being exercised. Skeletal muscles attach to the skeleton and come in pairs -- one muscle to move the bone in one direction and another to move it back the other way. Increasing skeletal muscle will increase your body's energy requirements. The more muscle you have, the more calories your body will burn. Building skeletal muscle can help prevent "rebound" weight gain. The maintenance and increase of skeletal muscle is closely linked to resting metabolism rate.

Interpreting the Skeletal Muscle Percentage Result

Gender	Age	– (Low)	0 (Normal)	+ (High)	++ (Very High)
Female	18-39	< 24.3%	24.3 - 30.3%	30.4 - 35.3%	≧ 35.4%
	40-59	< 24.1%	24.1 - 30.1%	30.2 - 35.1%	≧ 35.2%
	60-80	< 23.9%	23.9 - 29.9%	30.0 - 34.9%	≧ 35.0%
Male	18-39	< 33.3%	33.3 - 39.3%	39.4 - 44.0%	≧ 44.1%
	40-59	< 33.1%	33.1 - 39.1%	39.2 - 43.8%	≧ 43.9%
	60-80	< 32.9%	32.9 - 38.9%	39.0 - 43.6%	≧ 43.7%

Source: Omron Healthcare

INFORMATION ON BODY COMPOSITION

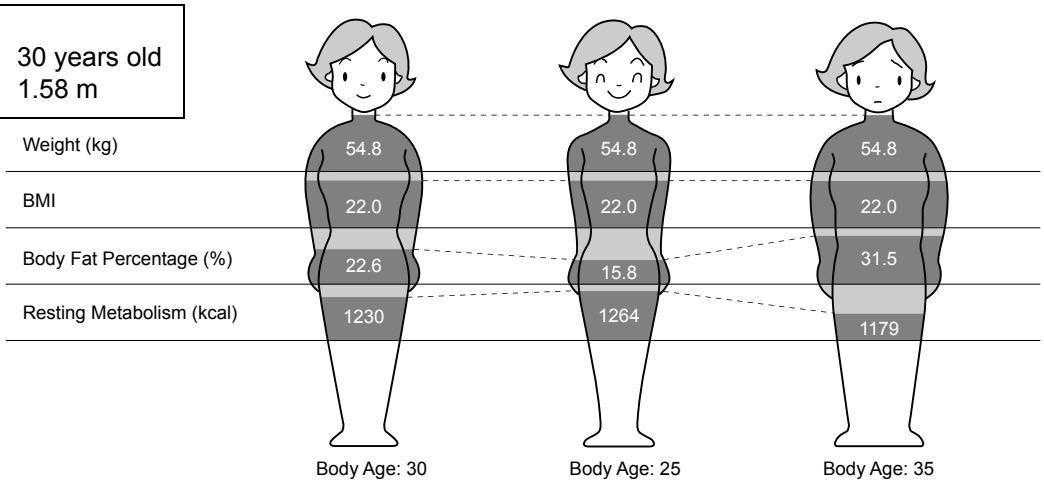
BODY AGE

Body age is based on your resting metabolism. Body age is calculated by using your weight and body fat percentage to produce a guide to judge whether your body age is above or below the average for your actual age. To know your body age is useful to improve your health condition.

Body age varies according to Body composition and resting metabolism, even if your height and weight is the same

The figures below shows some examples of body age.
The example on the left has a body age of 30, or average body composition for the actual age.
The example in the middle has a lower body fat percentage than average and higher resting metabolism, which results in a body age of 25 that is younger than the actual age.
The example on the right has a higher body fat percentage than average and lower resting metabolism, which results in a body age of 35 that is older than the actual age.

Example:
Actual age: 30 years old
Height: 1.58 m



INFORMATION ON BODY COMPOSITION

LONG-TERM PLANNING FOR SUCCESSFUL WEIGHT LOSS

There are lots of reasons for people to lose weight. To be healthier. To look better. To feel better. To have more energy.

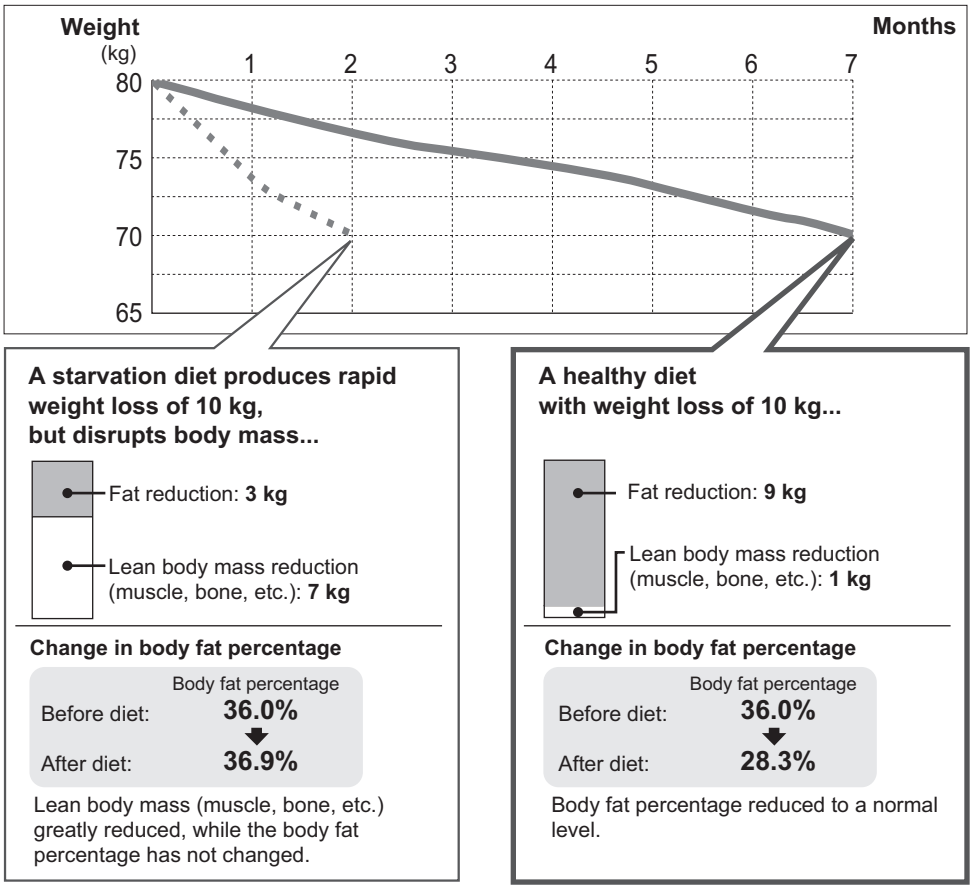
No matter what the reason, successful weight loss and healthy weight management depend on sensible goals and expectations. If you set sensible goals for yourself, chances are you will be more likely to meet them and have a better chance of keeping the weight off.

The foundation of a successful weight loss program remains a combination of a healthy diet and exercise customized for you. Simply reducing food intake to lose weight can lead to a decline in muscle mass and bone density. So even though your weight goes down, your resting metabolism is reduced making the body more prone to putting on fat.

The scale tracks your progress by monitoring weight, body fat, BMI and resting metabolism rate to help you reach your goals.

Here is a comparison of losing weight quickly versus slowly:

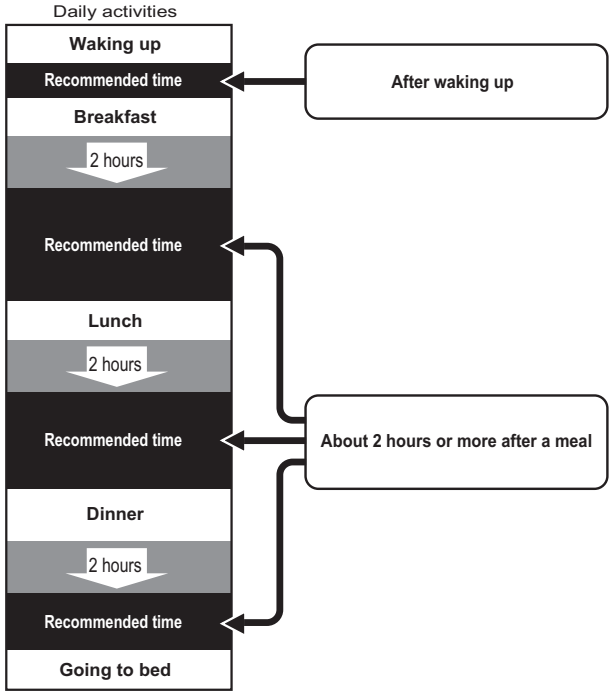
Example comparing the same loss of 10 kg:



INFORMATION ON BODY COMPOSITION

RECOMMENDED MEASUREMENT TIME

Being aware of the time when the body fat percentages shift within your daily schedule will assist you in obtaining an accurate trend of your body composition. It is recommended to use this unit in the same environment and daily circumstances. With reference from the chart below:



Avoid Taking Measurements Under the Following Conditions:

- Immediately after vigorous exercise, after a bath or sauna.
- After drinking alcohol or a large amount of water, after a meal immediately (about 2 hours).

If a measurement is taken under these physical conditions, the calculated body composition may differ significantly from the actual one because the water content in the body is changing.

Results may differ from actual body fat percentage

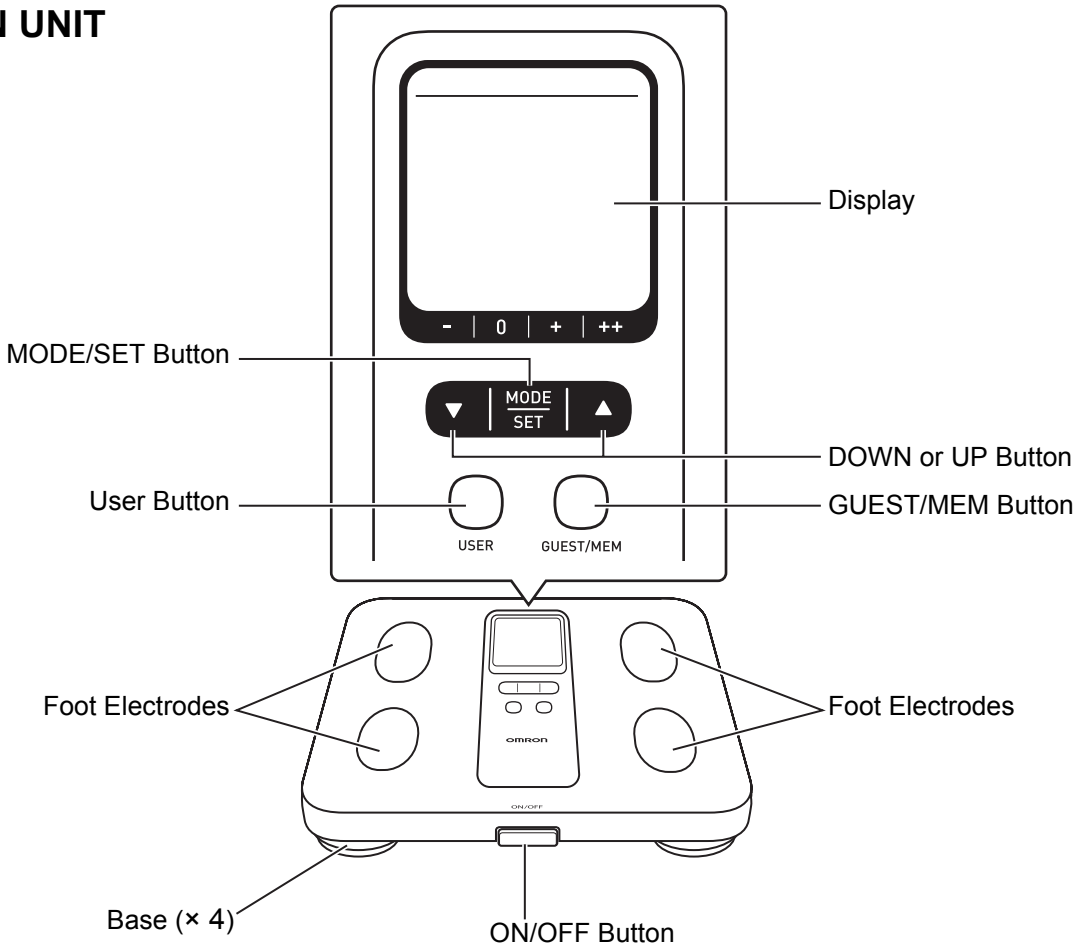
There are certain conditions when significant differences may occur between the estimated and the actual body fat values. The body composition for these people may vary due to the large variations in the average value for the amount of water and tissue density within their bodies.

The body fat percentage measured by this unit may significantly differ from the actual body fat percentage for the following people:

- Elderly people
- People with a fever
- Body builders or highly trained athletes
- People undergoing dialysis
- People with osteoporosis who have very low bone density
- People with edema (swelling in the body)
- Children in growth stage
- Pregnant women

KNOW YOUR UNIT

MAIN UNIT



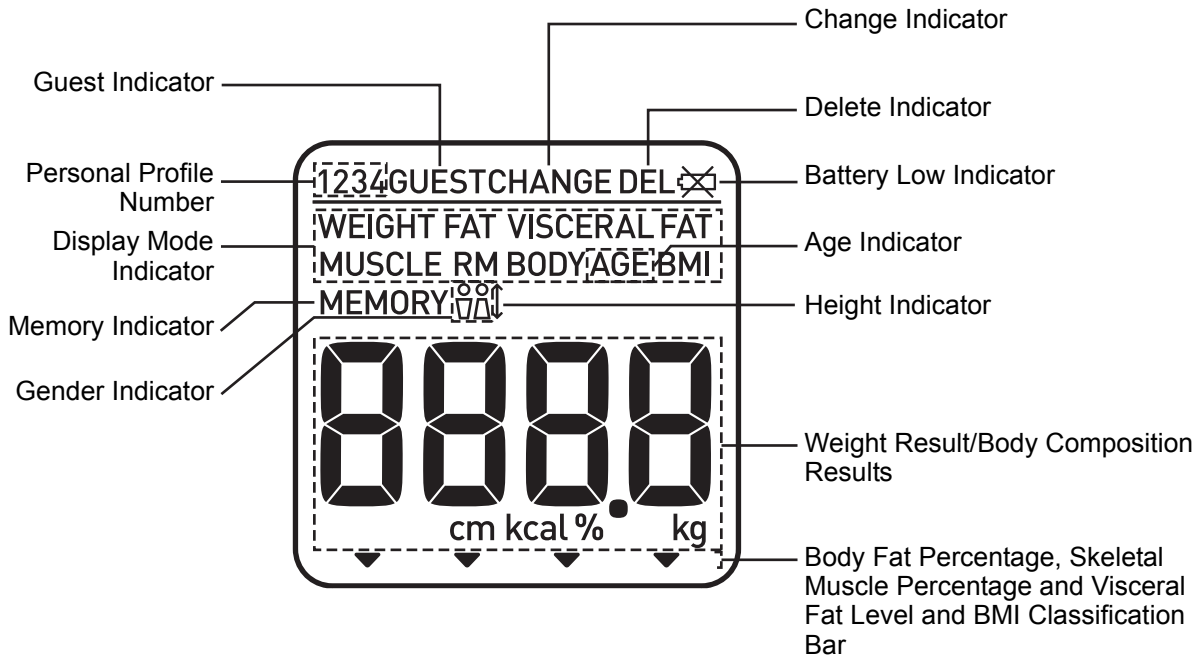
About the Power Off Function

Press the ON/OFF button to turn off the power. The “OFF” symbol appears on the display when the power is turned off.

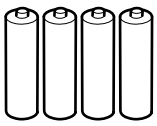
The power is automatically turned off in the following conditions:
• If the unit is not used within one minute of “0.0 kg” appearing on the display.
• If no information is entered for three minutes when entering personal data.
• If the unit is not used for 30 seconds after weight result is displayed.
• If the unit is not used for three minutes after body composition results are displayed.
• 10 seconds after the “Err” symbol appears on the display.

KNOW YOUR UNIT

DISPLAY



COMPONENTS

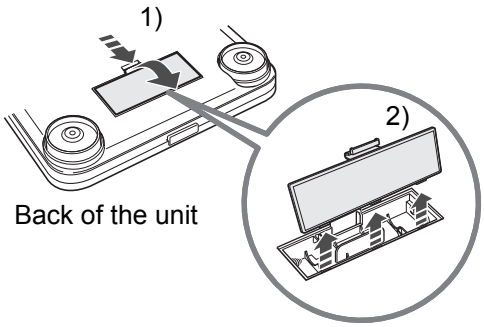


4 AA Manganese Batteries

Instruction Manual

BATTERY INSTALLATION

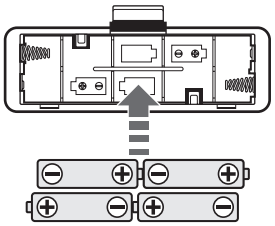
1. Open the Battery Cover on the back of the unit.



1) Press the tab on the battery cover in the direction of the arrow to release the cover as illustrated.

2) Pull the tab of the cover upwards.

2. Insert the battery by aligning them as indicated.
The end with the spring is for the negative (–) terminal.



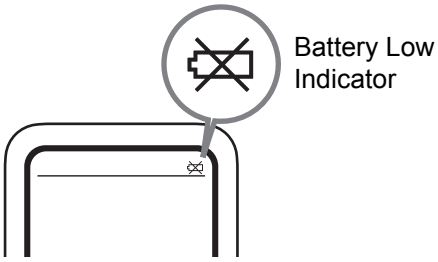
3. Close the battery cover.

1) Align the hooks on the battery cover with the slots in the battery compartment.

2) Push the battery cover until the tab clicks into place.

BATTERY LIFE AND REPLACEMENT

Measurement values and personal profiles stored in the memory will not be deleted during battery replacement. When the Battery Low Indicator appears on the display screen, remove all four batteries.
Replace with four new batteries at the same time.



NOTES:

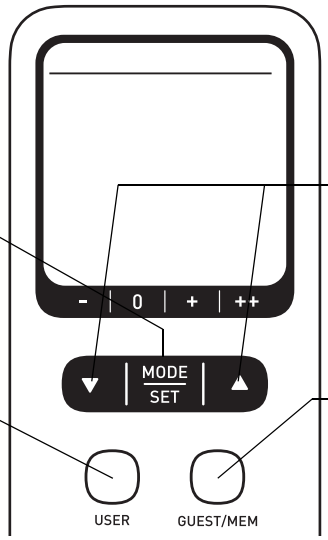
- New batteries will last for approximately one year (when manganese batteries are used with four measurements a day at a room temperature of 23°C). Trial batteries supplied with the unit may have a shorter life.
- Remove the batteries if you do not intend to use the unit for a period of three months or longer before placing in storage.
- Dispose of the device, batteries, components and optional accessories according to applicable local regulations.

SETTING PERSONAL DATA

To measure body composition, your personal data must be set. Your personal data includes your age, gender and height. The unit provides two options to enter your personal data.

1. Select a Personal Profile Number to save your personal data. The unit saves up to four personal profiles. Select a number 1 through 4. Use this number to enter your personal data when taking a measurement.
2. Select GUEST/MEM button if you do not want your personal data stored in the memory. When you use the Guest mode you will need to enter your personal data each time you take a measurement. Measurement results are not stored in the memory when the Guest mode is used.

Buttons Used in this Procedure



MODE/SET Button
Use this button to confirm the personal data and/or move to the next item after confirming the set item.

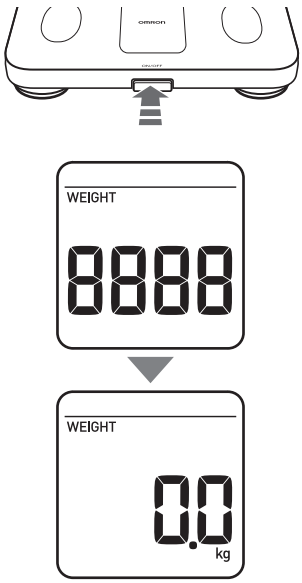
USER Button
Press this button to select the Personal Profile Number.

DOWN or UP Button
Press this button to increment or decrement.

GUEST/MEM Button
Press this button to select Guest mode.

1. Press the ON/OFF button to turn on the power.
"8888" blinks on the display, then the display changes to 0.0 kg. Wait until 0.0 kg appears on the display.

NOTE: Do not step onto the unit or move it until 0.0 kg appears on the display. An error message "Err" may appear.

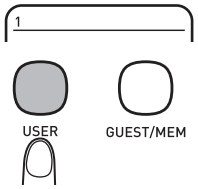


SETTING PERSONAL DATA

2. Select the Personal Profile Number or the Guest mode.

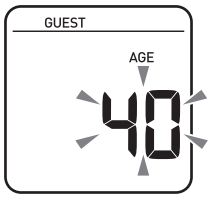
A. Personal Profile Number

Press the USER button until the Personal Profile Number you want to register is displayed.
The display changes with each button pressed and the AGE display blinks.
You can store data for up to four people.



B. Guest mode

Press the GUEST/MEM button.
The GUEST symbol appears and the age "40" blinks on the display.

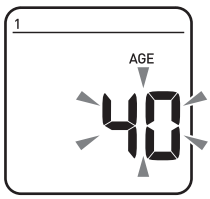


3. Enter your Personal Data.

SETTING THE AGE

1) Press the DOWN or UP button to change the age.

(Display range: 10 to 80)



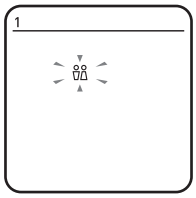
2) Press the MODE/SET button.

The age is set.
The gender symbols blink on the display.

NOTE: The age entered is not automatically updated, so be sure to update it each year after your birthday. If the age is not set correctly, the measurement results may not be accurate.

SETTING THE GENDER

1) Press the DOWN or UP button to change the gender.



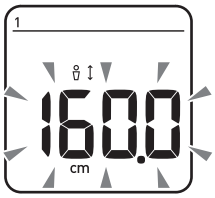
2) Press the MODE/SET button.

The gender is set.
The height symbol blinks on the display.

SETTING THE HEIGHT

(Display range: 100.0 cm to 199.5 cm)

1) Press the DOWN or UP button to change the height.



2) Press the MODE/SET button.

The height is set.

SETTING PERSONAL DATA

The current settings for age, gender and height blink on the display, then the display changes to 0.0 kg.

All the settings are completed.

You can now take a measurement using the Personal Profile Number you selected or the Guest mode.
Refer to HOW TO TAKE A MEASUREMENT on pages 19 to 21.

Refer to Step 2 on page 13 to set the new personal data or press the ON/OFF button to turn off the power.

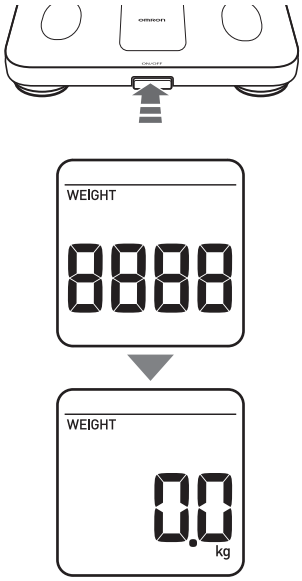
NOTES:
Your personal data have not been registered in the following cases. Please re-register the personal data information. (Refer to page 14.)
- If no buttons are pressed for 3 minutes while setting the personal data and the power is automatically turned off.
- If the power goes off while you are making settings.

CHANGING PERSONAL DATA

If your personal data change, the information in the Personal Profile Number you selected must be changed for measurement results to be calculated correctly.

1. Press the ON/OFF button to turn on the power.
"8888" blinks on the display, then the display changes to 0.0 kg.
Wait until 0.0 kg appears on the display.

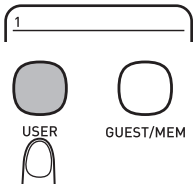
NOTE: Do not step onto the unit or move it until 0.0 kg appears on the display. An error message "Err" may appear.



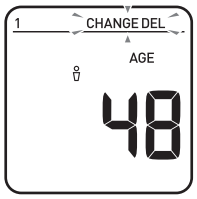
SETTING PERSONAL DATA

2. Select the Personal Profile Number you want to change.

1) Press the USER button to select a Personal Profile Number.
The display changes with each button pressed and the next profile number is displayed.

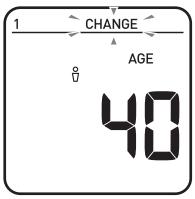


2) Press the MODE/SET button.
The Personal Profile Number is confirmed.
The "CHANGE" and "DELETE" symbols blink on the display.



3. Select "CHANGE".

1) Press the DOWN or UP button to select the "CHANGE" symbol.
The "CHANGE" symbol blinks on the display.



2) Press the MODE/SET button.
The "CHANGE" is set.
The current setting for age blinks on the display.

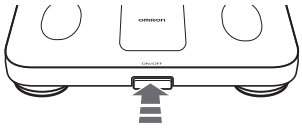
3) Refer to Step 3 on page 15 and 16 to enter your personal data.

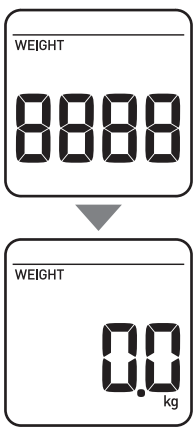
DELETING PERSONAL DATA

If you delete personal data, the height, gender and birth date settings will also be deleted.

1. Press the ON/OFF to turn on the power.
"8888" blinks on the display, then the display changes to 0.0 kg.
Wait until 0.0 kg appears on the display.

NOTE: Do not step onto the unit or move it until 0.0 kg appears on the display. An error message "Err" may appear.

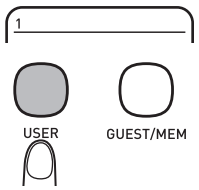




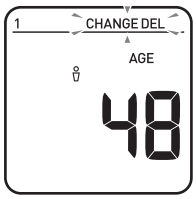
SETTING PERSONAL DATA

2. Select the Personal Profile Number you want to delete.
Example: Deleting the personal data information for Personal Profile Number 1

1) Press the USER button to select a Personal Profile Number.
The display changes with each button pressed and the next profile number is displayed.

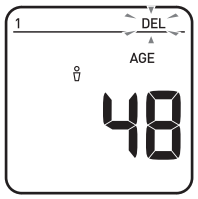


2) Press the MODE/SET button.
The Personal Profile Number is confirmed.
The “CHANGE” and “DELETE” symbols blink on the display.

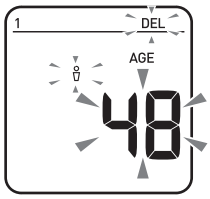


3. Select “DELETE”.

1) Press the DOWN or UP button to select the “DELETE” symbol.
The “DELETE” symbol blinks on the display.

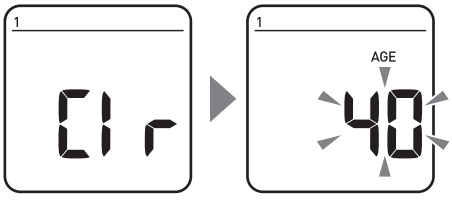


2) Press the MODE/SET button.
The “DELETE” symbol and current settings for age and gender blink on the display.



3) Press the MODE/SET button.
After the Clr symbol blinks on the display, the age “40” blinks on the display.

The personal data is deleted from memory.



4. Turn off the power.
Press the ON/OFF button to turn off the power.
The power is automatically turned off if the unit is not used for three minutes.

HOW TO TAKE A MEASUREMENT

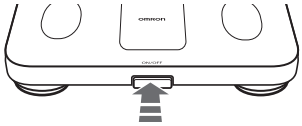
Measurement should be taken on level and hard surface.

NOTES:

- Even if you do not have personal data information stored on the unit, you can use Guest mode to measure body composition.
- Do not place the unit on a cushioned floor surface such as a carpet or mat. A correct measurement may not be possible.

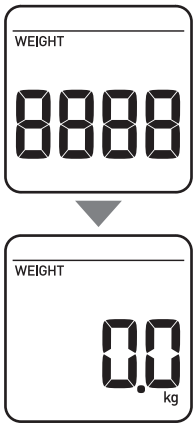
1. Press the ON/OFF button to turn on the power.

"8888" blinks on the display, then the display changes to 0.0 kg. Wait until 0.0 kg appears on the display.



NOTES:

- Do not step onto the unit or move it until 0.0 kg appears on the display. An error message "Err" may appear.
- Even if "0.0 kg" appears, do not step onto the unit when you measure your body composition. Follow the step 2 of the procedure to select a Personal Profile Number or the Guest mode.



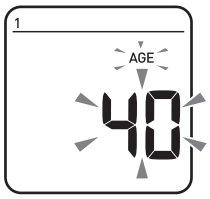
2. Select a Personal Profile Number or the Guest mode.

A. Personal Profile Number

Press the USER button until your own Personal Profile Number is displayed.
The display changes with each button pressed and the next profile number is displayed.

Wait until 0.0 kg appears on the display.

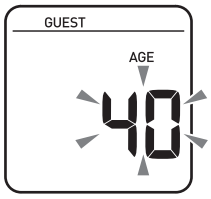
NOTE: If the age "40" blinks, your personal data have not been registered. Please re-register the personal data information. (Refer to SETTING PERSONAL DATA on pages 14 and 18.)



B. Guest mode

1) Press the GUEST/MEM button.
The GUEST symbol appears and the age "40" blinks on the display.

2) Enter your personal data. Refer to SETTING PERSONAL DATA on pages 15 and 16.



HOW TO TAKE A MEASUREMENT

3. Start the measurement.

1) Step on the unit bare-footed and place your feet on the foot electrodes with your weight evenly distributed.
Remain still and do not move until your measurement is complete.

The display will show your weight and then the weight result will blink twice.
The unit will start to calculate body composition.

During body composition measurement, " " moves to show the measurement is progressing.

2) When the measurement is completed, your weight is displayed again. Step off the unit.

Postures to Avoid During Measurement

Incorrect posture may result in inaccurate measurement of body composition.

Your feet are not correctly positioned on the electrodes.

Knees bent

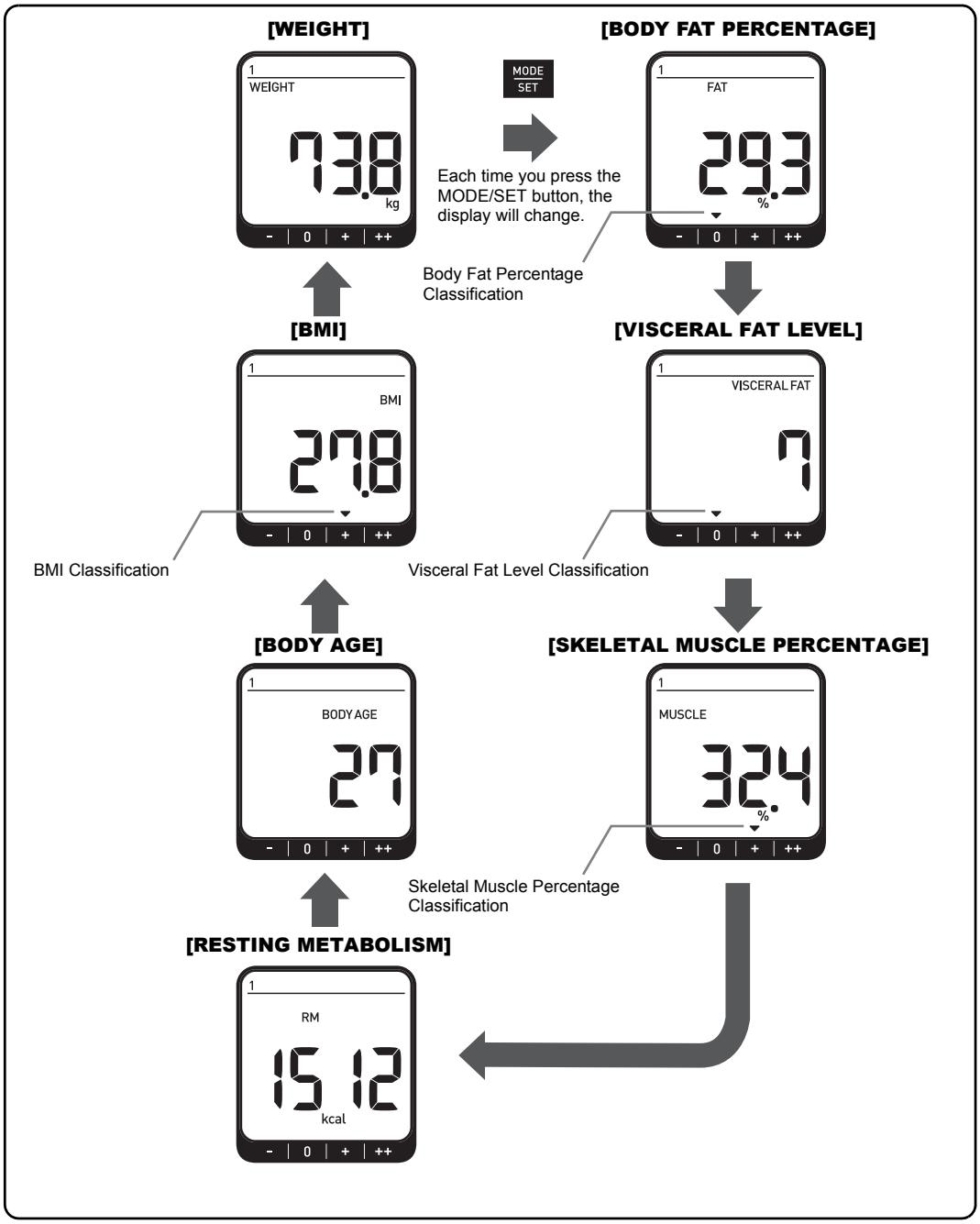
Crouching

HOW TO TAKE A MEASUREMENT

4. Check the measurement results.

The results display rotates automatically.
To stop the automatic rotation of results, or to view other measurement values, press the MODE/SET button.
Each time you press the MODE/SET button, the display change as shown below.

NOTE: Use the classification bar indicator as a guide to measurement.

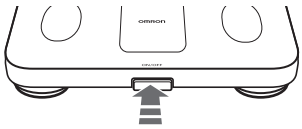


5. Press the ON/OFF button to turn off the power.

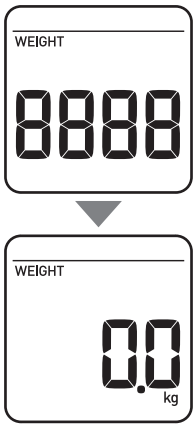
MEASURING WEIGHT ONLY

Measurement should be taken on level and hard surface.

1. Press the ON/OFF button to turn on the power.
"8888" blinks on the display, then the display changes to 0.0 kg.
Wait until 0.0kg appears on the display.

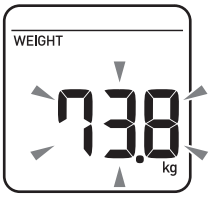


NOTE: If you step onto the unit before 0.0 kg appears on the display, an error "Err" will appear.



2. Step onto the Measurement Platform.

3. Check the measurement result.
The display will show your weight and then the weight result will blink twice.



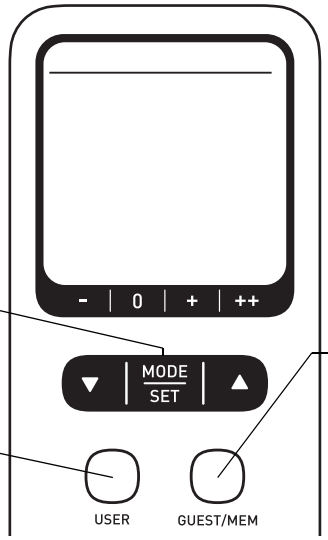
4. When the measurement is completed, step down from the unit.
The power is automatically turned off if the unit is not used for thirty seconds.
If you want to turn off immediately, press the ON/OFF button.

VIEWING THE LAST MEASUREMENT RESULTS

If you want to display the last (previous) measurement result, press the GUEST/MEM button. Press the GUEST/MEM button again to return to the current measurement result.

You can also view the previous measurement result without measuring your body composition. The power comes on and then after 0.0 kg is displayed, press the GUEST/MEM button to select a Personal Profile Number.
In this case display changes automatically.

Buttons Used in this Procedure



MODE/SET Button
Press this button to cycle through the last (previous) measurement values.

USER Button
Press this button to select the Personal Profile Number.

GUEST/MEM Button
Press this button to display the last (previous) weight value and alternate between the current measurement result and the last measurement result.

1. Press the ON/OFF button to turn on the power.

2. Press the USER button until your own Personal Profile Number is displayed.

Wait until 0.0 kg appears on the display.

3. Take a measurement.

If you want to compare the results with the last (previous) values, measure your body composition.

4. Press the GUEST/MEM button.

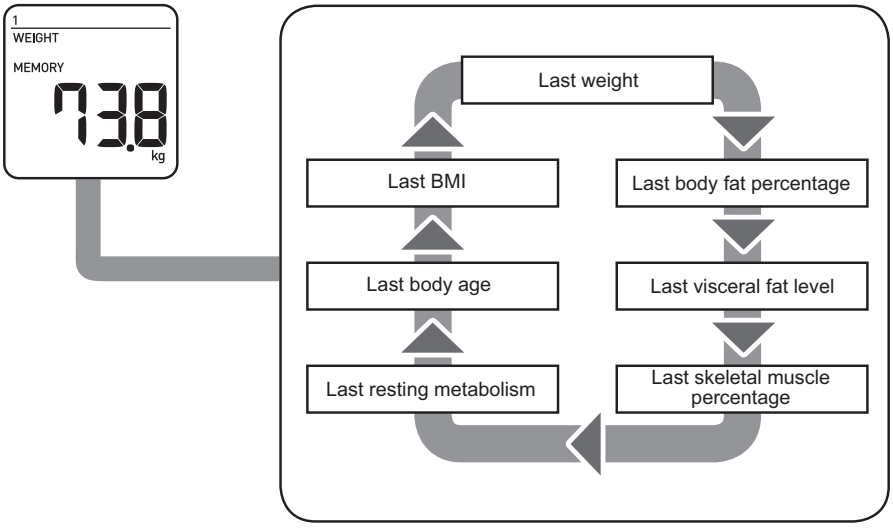
The last weight value is displayed.
If you have measured your body composition in step 3, each time you press the GUEST/MEM button, it will alternate between the current measurement result and the last (previous) result.

NOTES:

- If there are no results for the last measurement, the "- - - -" symbol is displayed.
- If you have not measured your body composition in step 3, current measurement results cannot be displayed even if you press the GUEST/MEM button.

VIEWING THE LAST MEASUREMENT RESULTS

5. Press the MODE/SET button to browse through the other measurement values.



6. Press the ON/OFF button to turn off the power.

NOTES:

- The unit cannot measure the body composition for 9 years old or younger, or people over 80 years old.
- For children over 10 and under 17 years old: Weight, BMI, BMI classification and Body Fat percentage are displayed.
- For people 18 and 19 years old: All results except Body Fat percentage classification are displayed.
- For people over 20 to 80 years old: All results are displayed.

ERROR INDICATORS

Error Display	Cause	Correction
	Your feet are not correctly positioned on the electrodes.	Make sure that you are standing on the unit correctly and try again. (Refer to page 20.)
	The measurement position is not stable or your feet are not placed correctly.	Remain still and do not move during measurement. (Refer to page 20.)
	Feet are too dry.	Slightly moisten the soles of your feet with a damp towel and try again.
	The body composition values are outside the measurement range.	Check the setting entered for your personal data. Change the settings if needed. Retake the measurement. The unit cannot measure body composition outside its measurement range, even if the age, gender and height settings are correct. (Refer to page 29 Specifications for measurement range.)
	The unit is not set up correctly.	Remove the batteries. Wait one minute. Reinstall the batteries. (Refer to page 13.) Press the ON/OFF button and turn on the power. Retake the measurement.
	You step onto the unit before 0.0 kg is displayed.	Wait until 0.0 kg is displayed before stepping onto the unit.
	The unit moved before 0.0 kg is displayed.	Do not move the unit until 0.0 kg is displayed.
	Movement during measurement.	Do not move till measurement is completed.
	Your weight is over 150.0 kg.	This unit can only be used by people weighing less than 150.0 kg.

TROUBLESHOOTING TIPS

Problem	Cause	Correction
0.0 kg is displayed even when you step onto the unit, or the weight value barely increases.	You stepped onto the unit before 0.0 kg was displayed.	Wait until 0.0 kg is displayed before stepping onto the unit.
The value of body weight is displayed abnormally high or low.		
The body composition value is displayed abnormally high or low. The body composition values vary widely for each measurements.	Is the unit placed on a carpet or other soft flooring? Is the floor surface uneven?	Place the unit on a hard and level floor.
	The soles of your feet, or whole body are cold, causing poor blood circulation.	Warm yourself up, then take a measurement once you feel your circulation is back to normal.
	The electrodes are extremely cold.	Place the unit in a warm room for a few minutes, and then take a measurement when the electrodes no longer feel cold.
	Feet are too dry.	Slightly moisten the soles of your feet with a damp towel and try again.
"– – – –" is displayed for some of the results.	This unit cannot measure body composition outside its measurement range, even if the age, gender and height settings are correct. For children over 10 and under 17 years old: Weight, BMI, BMI classification and Body Fat percentage are displayed. For people 18 and 19 years old: All results except Body Fat percentage classification are displayed. For people over 20 to 80 years old: All results are displayed.	Check the setting entered for your personal data. Change the settings if needed. Retake the measurement. (Refer to page 14.)
Nothing is displayed when the power is turned on.	Batteries are not inserted.	Insert the batteries. (Refer to page 13.)
	The polarities of batteries are not aligned correctly.	Insert the batteries in correct alignment. (Refer to page 13.)
	The batteries are worn out.	Replace all four batteries with new ones. (Refer to page 13.)

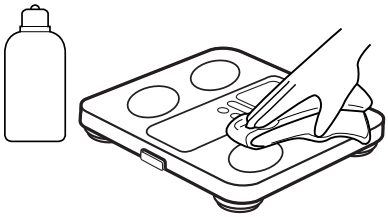
TROUBLESHOOTING TIPS

Problem	Cause	Correction
You want to measure your body composition, but body composition measurement does not start after the weight measurement has been displayed.	A personal data for a Personal Profile Number or Guest mode measurement has not been set. (Neither a Personal Profile Number 1, 2, 3, 4 or GUEST is displayed.)	Enter a personal data for a Personal Profile Number or use Guest mode. Refer to SETTING PERSONAL DATA on page 14.
	The Personal Profile Number button or GUEST/MEM button was not pressed correctly. (Neither a Personal Profile Number 1, 2, 3, 4 or GUEST is displayed.)	Make sure that Personal Profile Number 1, 2, 3, 4 or GUEST is displayed before measurement. Refer to HOW TO TAKE A MEASUREMENT on page 19.
The power is automatically turned off.	Refer to ABOUT THE POWER OFF FUNCTION on page 11.	

MAINTENANCE AND STORAGE

How to Clean the Unit

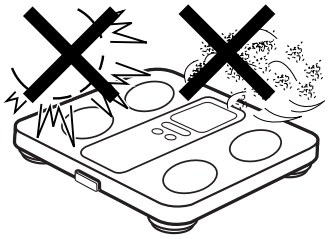
• Always keep the unit clean before use.
• Wipe the unit with a soft dry cloth.
If necessary, use a cloth moistened with water or detergent and squeeze it well before wiping the unit, then wipe dry with a dry cloth.



• Please make sure water does not get into the unit.
• Do not use benzine or thinner to clean the unit.

Care and Storage

• Do not store the unit in the following conditions:
- Where water may get in.
- Extreme high temperature and humidity, direct sunshine, and dusty places.
- Where there will be sudden shock or vibration.
- In storage places of chemicals or where corrosive gas is present.



• Keep the unit out of reach of children.
• If you are not using the unit for a long period (three months or more), please remove the batteries before storage.

SPECIFICATIONS

Product Name	Body Composition Scale
Model	HBF-202 (HBF-202-AUW)
Display	**Body Weight:** 0 to 150 kg with an increment of 0.1 kg **Body Fat percentage:** 5.0 to 60.0% with an increment of 0.1% **Skeletal Muscle percentage:** 5.0 to 50.0% with an increment of 0.1% **BMI:** 7.0 to 90.0 with an increment of 0.1 **Resting Metabolism:** 385 to 3999 kcal with an increment of 1 kcal **Body Age:** 18 to 80 years old with an increment of 1 year **Visceral Fat Level:** 30 levels with an increment of 1 level **BMI classification:** - (Underweight) / 0 (Normal) / + (Overweight) / ++ (Obese) 4 levels **Body fat percentage and Skeletal muscle percentage classification:** – (Low) / 0 (Normal) / + (High) / ++ (Very High) 4 levels **Visceral fat level classification:** 0 (Normal) / + (High) / ++ (Very High) 3 levels **Memory:** Last (previous) measurement results * The age range for the BMI, BMI classification and Body Fat percentage is 10 to 80 years old. * The age range for the Skeletal Muscle percentage, Skeletal Muscle percentage classification, Resting Metabolism rate, Visceral Fat level, Visceral Fat level classification and Body age is 18 to 80 years old. * The age range for the Body Fat percentage classification is 20 to 80 years old.
Set Items	**Personal data information:** The following information for up to 4 people can be stored. **Height:** 100.0 to 199.5 cm **Age:** 10 to 80 years old **Gender:** Male/Female
Weight Accuracy	0.0 kg to 40.0 kg: ± 0.4 kg 40.0 kg to 150.0 kg: ± 1%
Power Supply	4 AA batteries (R6) (You may also use AA alkaline batteries (LR6).)
Battery Life	Approximately one year (When AA manganese batteries are used with four measurements a day at a room temperature of 23°C.)
Operating Temperature /Humidity	+5°C to +35°C, 30 to 85 % RH
Storage Temperature /Humidity/Air Pressure	-20°C to +60°C, 10% to 95% RH, 700 hPa - 1060 hPa
Weight	Approximately 1.7 kg (including batteries)
External Dimensions	Approximately 290 (W) x 44 (H) x 280 (D) mm
Package Contents	Body composition scale, 4 AA manganese batteries (R6), instruction manual

NOTE: Subject to technical modification without prior notice.

= Type BF CE 0197

This device fulfills the provisions of the EC directive 93/42/EEC (Medical Device Directive).

SPECIFICATIONS

Important information regarding Electro Magnetic Compatibility (EMC)

With the increased number of electronic devices such as PCs and mobile (cellular) telephones, medical devices in use may be susceptible to electromagnetic interference from other devices.
Electromagnetic interference may result in incorrect operation of the medical device and create a potentially unsafe situation.
Medical devices should also not interfere with other devices.

In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim of preventing unsafe product situations, the EN60601-1-2 standard has been implemented. This standard defines the levels of immunity to electromagnetic interferences as well as maximum levels of electromagnetic emissions for medical devices.

This medical device manufactured by OMRON HEALTHCARE conforms to this
EN60601-1-2:2007 standard for both immunity and emissions.
Nevertheless, special precautions need to be observed:
Do not use mobile (cellular) telephones and other devices, which generate strong electrical or electromagnetic fields, near the medical device. This may result in incorrect operation of the unit and create a potentially unsafe situation. Recommendation is to keep a minimum distance of 7 m.
Verify correct operation of the device in case the distance is shorter.

Further documentation in accordance with EN60601-1-2:2007 is available at OMRON HEALTHCARE EUROPE at the address mentioned in this instruction manual.
Documentation is also available at www.omron-healthcare.com.

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